

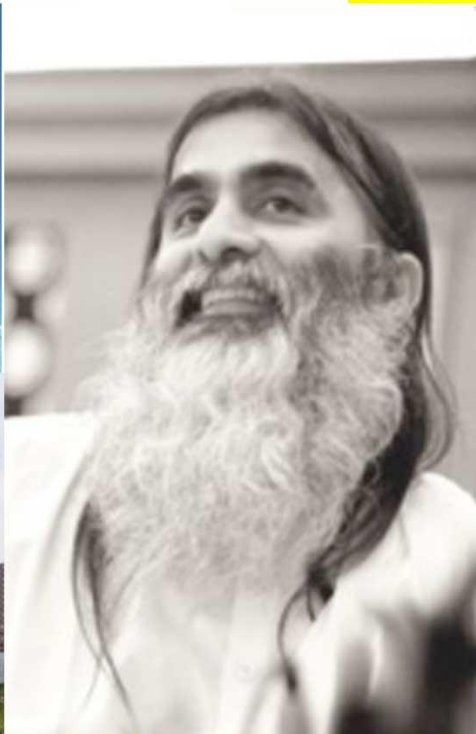
इगो इगो प्रोग्राम

Aerobics, musical yoga, asanas, pranayam, meditation & knowledge



Gain

*Concentration, Memory, Immunity,
Better Relationships, Spiritual Growth*



Loose

*Asthma, Weight, Diabetes, Insomnia
Heart Problems, Spondylitis*



Venue : *Jebel Ali Primary School*

Date : *23rd – 25th February '10, Timings : 7:30pm – 10:00pm*

Donation : *AED 350/-*

Venue : *Zabeel Park, Zen Restaurant, Gate 6, Trade Center Road*

Date : *1st – 3rd March '10, Timings : 8:00am – 11:00am*

Donation : *AED 350/-*

To register please contact:

Poonam: 050 6242568

Sunita: 050 6592747

Ming Mar: 050 5604594

Igor: 050 1761700

Sujatha: 050 4691374 / 04 3258170